



**Confidential help for  
Veterans and their families**

## **This Suicide Prevention Month, Show Veterans They Matter**

August 20, 2013

Family matters. Friendship matters. Support matters. Every veteran matters.

This September, Suicide Prevention Month encourages veterans and their loved ones to focus on the things that give life meaning—the things that matter. Anyone who knows a veteran can help.

Whether a veteran has just returned home, or served years ago, their experiences remain with them. Their wounds might not be visible, but they need our attention. We can support veterans who are dealing with challenges of all kinds; we're in this together.

The U.S. Department of Veterans Affairs urges groups and individuals nationwide to stay alert for signs of suicide risk in the veterans they care about. If you're concerned about the veteran in your life, lending a hand doesn't have to be hard. Just talking about it opens the door to finding support. The **Veterans Crisis Line** (<http://www.veteranscrisisline.net/>) can help.

The **Veterans Crisis Line** (<http://www.veteranscrisisline.net/>) is a free, confidential resource that veterans and their families and friends can access any day, any time. Trained professionals at the Veterans Crisis Line—many of them veterans themselves—are ready to listen, providing free, confidential support, 24 hours a day, 7 days a week, 365 days a year.